

Year 5 PSHE Overview

Autumn 1

Topic	Learning objectives	Useful links
Week 1: Rights and Responsibilities	To understand the importance of rules in keeping us safe and happy within the school community	
Week 2: Rights and Responsibilities	To know the difference between a rules and the law and why these are both important	
Week 3: Caring for the Environment	To recognise the role of voluntary , community and pressure groups, especially in relation to health and wellbeing	Scarf Rights and Responsibilities Mo Makes a difference
Week 4: Caring for the Environment	To recognise the role of voluntary , community and pressure groups, especially in relation to health and wellbeing	Scarf Rights and Responsibilities Mo Makes a difference
Week 5: Healthy Lifestyles	To reflect on and celebrate my achievements, identify my strengths and areas of improvements, and set high aspirations and goals	
Week 6: Online Safety	To know that not everyone you meet online is your friend	

Autumn 2

Topic	Learning objectives	Useful links
Week 1: Calming the Storm	Story Sessions (2X15mins) We were created individually by God who cares for us and wants us to put our faith in Him.	Ten ten resources UKS2 Module 1 Unit 1
Week 2: Calming the Storm	Story Sessions (3X15mins) Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan.	Ten ten resources UKS2 Module 1 Unit 1
Week 3: Is God Calling You?	Session 1 (1X30mins) To know that God calls us to love others.	Ten ten resources UKS2 Module 2 Unit 1
Week 4: Is God Calling You?	Session 1 (1X30mins) To know ways in which we can participate in God's call to us.	Ten ten resources UKS2 Module 2 Unit 1
Week 5: Healthy Relationships	To identify consequences of positive and negative behaviour on themselves and others	Scarf Valuing differences It could happen to anyone
Week 6: Road Safety Week	To know how to cross a road safely and identify common road signs	

Spring 1

Topic	Learning objectives	Useful links
Week 1: Under Pressure	Session 1: Pressure comes in different forms, and what those different forms are.	Ten ten resources UKS2 Module 2 Unit 2
Week 2: Do You Want a Piece of Cake?	Session 2: Understand what consent and bodily autonomy means.	Ten ten resources UKS2 Module 2 Unit 2
Week 3: Self-Talk	Session 3: Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions.	Ten ten resources UKS2 Module 2 Unit 2
Week 4: Money	To understand the role money plays in my own and other's lives	Scarf Rights and Responsibilities Spending Wisely
Week 5: Money	To state the costs involved in producing and selling an item	Scarf Rights and Responsibilities Spending Wisely
Week 6: Online Safety	To know how to protect yourself online and keep personal information safe.	

Spring 2

Topic	Learning objectives	Useful links
Week 1: Sharing Isn't Always Caring	Session 1: To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.	Ten ten resources UKS2 Module 2 Unit 3
Week 2: Cyber bullying	Session 2: What the term cyberbullying means and examples of it.	Ten ten resources UKS2 Module 2 Unit 3
Week 3: Types of Abuse	Session 3: To judge well what kind of physical contact is acceptable or unacceptable and how to respond.	Ten ten resources UKS2 Module 2 Unit 3
Week 4: Impacted Lifestyles	Session 4: Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.	Ten ten resources UKS2 Module 2 Unit 3
Week 5: Making Good Choices	Session 5: Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco	Ten ten resources UKS2 Module 2 Unit 3
Week 6: Giving Assistance	Session 6: The recovery position can be used when a person is unconscious but breathing.	Ten ten resources UKS2 Module 2 Unit 3

Summer 1

Topic	Learning objectives	Useful links
Week 1: The Trinity	Session 1: Engage with questions and activities about the nature of the Trinity.	Ten ten resources UKS2 Module 3 Unit 1
Week 2: Catholic Social Teaching	Session 2: The principles of Catholic Social Teaching.	Ten ten resources UKS2 Module 3 Unit 1
Week 3: Reaching Out	Session 3: Learn to apply the principles of Catholic Social Teaching to current issues.	Ten ten resources UKS2 Module 3 Unit 2
Week 4: Keeping Safe	To recognise that my increasing independence brings increased responsibility to keep myself and others safe	Scarf Being my Best Independence and responsibility
Week 5: Keeping Safe	To explain what positively and negatively affects my mental health	Scarf Me and My Relationships Our Emotional Needs
Week 6: Online Safety	Recap on staying safe online	

Summer 2

Topic	Learning objectives	Useful links
Week 1: Rules, rights and responsibilities	Define the differences between rights, responsibilities, rights and duties	Scarf Rights and Responsibilities Responsibilities, rights and duties
Week 2: Rules, rights and responsibilities	To understand that everyone has human rights, all peoples and all societies and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child.	Scarf Rights and Responsibilities What's the story?
Week 3: Money	To define the terms loan, credit, debt and interest	Scarf Rights and Responsibilities Lend us a fiver
Week 4: Money	To suggest advice for a range of situation involving personal finance	Scarf Rights and Responsibilities Lend us a fiver
Week 5: Keeping Safe	To understand how to use mobile phones safely, including keeping the phone safe (looking after it) and safe user habits (time limits, passcodes, turning it off a night etc).	
Week 6: Growing and Changing	To understand the expectations of Year 6 and how I can make the best choices for myself and for others	

Useful links and passwords:

<https://www.tentenresources.co.uk/relationship-education-subscribers/>

Lnolan@cardinalnewmanschool.co.uk password: 11Milltown.

<https://www.coramlifeeducation.org.uk/scarf/sign-in/> password: Cardinal1

PSHE in Cardinal Newman and our wider Community

- All children learn about Rail Safety as our school is located near Hersham station
- All children learn about Water Safety as we are located near reservoirs, rivers and streams
- Children take part in Road Safety week when they visit local roads and learn how to ensure they are safe when walking/cycling on nearby roads
- World Faith Week gives children the opportunity to learn about different faiths around the world
- Celebrating difference day gives children the opportunity to learn about our wider world and what makes us all different and unique
- Children also learn how to live a healthy lifestyle through different aspects of PSHE and the ways in which we can keep our bodies fit and healthy
- Children learn about how to stay safe online termly
- Links with local community include; visits/cards/letters to the elderly
- Involving members of the parish in hearing children read
- Local authorities where appropriate invite speakers e.g. fire service/police/nurses